

PICK THE GOOD STUFF

Choose fresh Virginia Grown fruits and vegetables
for great taste and good health.

Here is a chart to help you keep track of how often you eat fruits and vegetables. Add a check mark every time you enjoy a serving. Log on to www.mypyramid.gov for help determining how much you need to eat each day based on your size, sex and level of physical activity.

SERVINGS	SUNDAY	MONDAY	TUES	WED	THURS	FRIDAY	SAT
1							
2							
3							
4							
5							
6							
7							

HERE ARE SOME TIPS TO HELP YOU EAT MORE FRUITS AND VEGETABLES:

- Keep see-through containers of ready-to-eat fruits and vegetables in the refrigerator so when hunger strikes you can choose the good stuff.
- Blend seasonal berries and a little milk with your favorite flavor of low-fat frozen yogurt for a refreshing fruit smoothie.
- Add berries to your pancake batter.
- Combine corn, chopped zucchini and tomato with a little ranch dressing; spread on a tortilla and roll it up; slice in bite sized pieces for a snack or hors d'oeuvre.
- Stir dill, lemon pepper or chives into low-fat cream cheese to create a dip for cherry tomatoes, pepper strips or cucumber slices.
- Add finely chopped vegetables to ground beef before making burgers, meatballs or meatloaf.
- Blend melon slices 'til liquefied; pour into ice cube trays. Just before serving, whir the cubes in a blender. Serve in a stemmed glass with a spring of mint.